

Melbourne Park  
Medical Centre  
June 2014  
Newsletter

We've had a bit of a gap since our last newsletter - so we've lots of things to tell you about in this 'bumper' edition!



### Over 75s 'Named GP'

As part of this year's GP contract, everyone aged 75 or older will be allocated a 'named GP' who will have overall responsibility for the care and support the surgery provides. **This does not prevent you from seeing any GP in the practice as you do currently.** If you are 75 or over and have not yet been told who your named GP is, please ask at reception, or phone after 2pm, to find out.

### Premises development



Our building project to extend and improve our existing premises is progressing well!

Phase One, which involves building the new 2 storey rear extension, is currently running to schedule. We hope to be able to move into this new part of the building in late 2014.

During Phase Two, the existing building will be completely rebuilt and refurbished. This will form the new health promotion and waiting areas for the practice, as well as a new on-site pharmacy. Phase 2 is expected to be completed in Spring 2015.

### GP Changes

After almost a year of stability, we will be having two changes to our GP team over the next couple of months.

Dr Bettina Bottcher, our current GP registrar, will be leaving us in mid July, in order to take a career break. We've really enjoyed having Dr Bottcher as part of our team and look forward to her returning to work with us to complete her GP training, in the not too distant future.

Dr Omar Khalique, who is our current salaried GP, will be leaving us in August to take up a partnership in Kegworth. Whilst we are in the process of finding a replacement for 'Dr Omar', we hope you will join us in wishing him all the best for the future in his new practice.

Once again we will be needing the help of a few locum GPs over the next few months. You may see some new (and some old!) faces working alongside our regular partners Dr Ridley, Dr Khalid, Dr Badhe and Dr Mendis.



### Immunisations Update

#### Shingles



Currently, anyone who was aged **70 or 79 on the 1st September 2013** is eligible to receive a one off vaccination as part of the national roll-out of the over 70 shingles immunisation programme.

**From September 2014**, a new group of patients will be included in the roll-out. If you are aged **70,71 or 79 as at the 1st September 2014** you will be eligible to receive the 'shingles jab' that offers protection against a very painful and debilitating condition.

### Seasonal Flu

We're already planning this year's seasonal flu vaccinations which will see us offering the 'flu jab' to nearly 2000 of our patients! If you are aged 65 or over, or in a clinical 'at risk' group, you will be eligible for the flu vaccination at one of our Saturday morning clinics, due to be held in the autumn.

A reminder to everyone that, we will not be sending out invitation letters. Watch out for information nearer the time: in the surgery on posters, in our

newsletters, on the right hand side of your prescription, as well as on the practice website. We expect to be booking clinics from mid-September onwards.

A nasal seasonal flu vaccination programme is also being rolled out nationally, so that eventually all under 18s will be included. From September 2014 the practice will be writing to invite all 2, 3 & 4 year olds to special children's flu clinics held by our nurses.

### **Pertussis**

Please remember that if you are pregnant, you are recommended to have this vaccination from 28 weeks of pregnancy. It is given to protect you and your new-born baby from whooping cough. For adults this can be a long and unpleasant illness but for very young babies it is a potentially life threatening condition.

### **Pneumococcal**

All year round, we offer this one off vaccination to anyone aged 65 or over and anyone in the flu "at risk" groups. It protects against the commonest cause of bacterial pneumonia. If you have not already had the 'pneumonia jab' and are aged 65 or over please book an appointment with one of our nurses.

### **Patient Participation Group**

We're delighted that our practice PPG continues to meet on a regular basis. The group is there to represent our patients' views and to contribute ideas to try and improve our services. **Any issues or comments you wish to be discussed by the group can be placed in the PPG suggestion box in reception.** There is a large PPG poster, explaining its role, in the waiting room.

We have had some retirements from the group and are currently seeking new members. We are especially keen to encourage interest from anyone in the under 40s age group, which is currently under represented. **If you are interested in joining the group, please fill in a slip at reception, or email Lynda Cotton our practice manager via: [NCCCCG.C84116@nhs.uk](mailto:NCCCCG.C84116@nhs.uk)**

### **The BMA 'Your GP Cares' Campaign**

Melbourne Park Medical Centre is signed up to the British Medical Association's campaign for increased investment in General Practice because:

"People are living longer and have more complex health needs. In the UK there are now more than 10 million people aged 65 and over.

More people are living with a chronic condition, with many supported in the community by their GP and their practice team. For these patients, the ten minutes available in a standard appointment simply isn't long enough.

There is more demand than ever for GP services – more patients to see, more test results to read, more paperwork. Yet, there are still the same number of hours in the day.

Your GP and practice team care about the current situation and want to work with patients and government to find solutions and provide a better service.

The BMA is calling for long term sustainable investment in GP services now to:

- Attract, retain and expand the number of GPs
  - Expand the number of practice staff
  - Improve the premises from which GP services are provided"

**Find out more and show your support by joining the campaign at [bma.org.uk/YourGPCares](http://bma.org.uk/YourGPCares)**

### **Practice Website and On-line Services**

We have a practice website [melbourneparkmedicalcentre.co.uk](http://melbourneparkmedicalcentre.co.uk) . This has details of our opening times and lots of information about the services we provide. We also post electronic versions of our newsletters and up to date information about the practice.

We now offer repeat prescription ordering and a small number of pre-bookable GP appointments on-line. You can register for these on-line services at reception. (Please note you will require valid photo I.D. such as a passport or driving licence).

### **Keeping in touch - please tell us if you change your contact details!!**

Nowadays, many of us end up changing our landline or mobile numbers fairly often. To ensure we are able to contact you (for example, if we have an unexpected or urgent test result) it is vitally important that you tell us whenever you change your phone number(s) or address.

### **Keep safe in the sun but still have fun!**

Now the warmer weather is upon us please remember to cover up, use high factor sun cream and drink plenty of water (2-3 litres a day for most adults) to avoid sunburn, reduce the risk of skin cancer and prevent dehydration and sunstroke. More information is available on the NHS Choices Website [www.nhs.uk](http://www.nhs.uk)

